

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

SEPTEMBER 21, 2007



Rob Walston, Warriors' head coach, speaks with his team during the halftime break, motivating them for the last half during a 2007 Intamural Tackle Football League game at Pop Warner field here Sept. 13.

Raiders go 2-0 after beating Warriors

**Story and Photos by
Pfc. Ronald W. Stauffer**

Combat Correspondent

With a close game once again, the Combat Service Support Group 3 "Warriors", held until the last 7 seconds against the Camp Smith "Raiders", but came up short as the Raiders took the game, 28-26, at a 2007 Intramural Football League game, Sept. 13, at Pop Warner field.

The Warriors, with a record of 0-1, hoped to turn their season around in the game against the Raiders, with their smashing defense but was disappointed as the Raiders offense pushed forward and into the end zone during the fourth quarter.

"We need to stop number eight and nine," said Rod Walston, head coach,

Warriors. "We're going to light them up on defense, hopefully like we did at the scrimmage.

After the Warriors received the kick off, the offense pushed the Raiders' defense back into their own territory, getting within field goal range, making the kick only to have it brought back for a flag on the play and missing the second kick.

"We still have a lot of work to do", Carson Peapealalo, head coach, Raiders, who have a 1-0 record this season. "There are still some mistakes that we need to work out so it's going be a tough game".

Both teams fought tooth and nail during the first quarter, but it was the Warriors who scored the first touch

See RAIDERS, C-5



Jesse Mortensen, Raiders fullback, drives through the line in attempts to push forward for extra yards at a 2007 Intramural Tackel Football League game at Pop Warner field here Sept 13.

Camp Smith unfazed by Terror Squad

**Story and Photos by
Lance Cpl. Brian A. Marion**

Combat Correspondent

With three seconds left in the game, Camp Smith squeezed out a two-point basket to beat Command Patrol Reconnaissance Wing 2 "Terror Squad," 46-44, to win the Intramural Basketball League championship game Monday at the Semper Fit Gym here.

Camp Smith players Mike McKinney and Kevin McCoy led their team with a combined total of 29 points.

Before the game, Shaw Ballentine, Terror Squad captain and guard, felt they would have to rely on their speed and defense to win the game against their worthy opponent.

"Tonight will be a tough game," Ballentine said. "Camp Smith is huge and we will have to bring the heat with our speed, and we have to focus on our defense to win."

James Wright, Camp Smith coach, also felt his team would have their hands full with the game.

"This is it," Wright said. "This is the game that counts. They beat us earlier in the season, and this will be a hard, tough game. We will have to be able to break through the zone and take the ball to the hoop in order to win."

Each team traded hoops during the first half, but Camp Smith was unable to pull ahead of Terror Squad,



Camp Smith became the Intramural Basketball League champions after defeating Command Patrol Reconnaissance Wing 2 "Terror Squad", 46-44.

and the teams went into halftime with Terror Squad leading, 18-15.

Both teams collected their wits during halftime and reentered the court with a vengeance.

Whistles blew and the score raised drastically as each team fought to gain the lead.

Camp Smith slowly caught up and eventually pulled ahead but their victory was short lived as Terror Squad caught up and tied the

game with two minutes remaining.

The teams frantically tried to gain the upper hand during the last minute, but Camp Smith managed the clock, and shot the ball into the net with only three seconds left.

Terror Squad tried to use their speed to make one last score, but came up with a rim shot that bounced out.

Camp Smith walked away with a hard-earned victory over Terror Squad, 46-44,

and became the new champions.

Wright knew the game was close, and felt both teams used their assets wisely making the game as close as it was.

"It was a very tight game, but I knew as long as we had our starters coming, we would win," Wright said. "I have to compliment them tough, they were a very good team, and they had a guy that could shoot the lights out."



Kalani Smith, Bomb Squad's shortstop, catches a short infield pop fly for an out at an Intramural Softball League game at Risely Field, Wednesday.

Bomb Squad defuses Bada-Bing, 12-9

**Story and Photos by
Pfc. Ronald W. Stauffer**

Combat Correspondent

The Marine Aircraft Group 24 Ordinance "Bomb Squad" dominated the Patrol Squadron 47 "Bada-Bings", 12-9, during an Intramural Softball League game at Risely Field here, Wednesday.

With tremendous hits and a fierce defense in the infield and the outfield, the Bomb Squad swung their way to victory.

"We're going to score more runs than them and that's how we're going to beat them," said Kalani Smith, shortstop, Bomb squad.

With a quick-paced first inning, the Bomb Squad didn't get

See SOFTBALL, C-4

ONGOING SPORTS BRIEFS

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities’ contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Cost is \$35 for adults, \$25 for children, and \$20 for additional family members.

For more information, contact Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, contact K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact the Semper Fit Center at 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido



Pablo Martinez, left, Tim Raiffe, coach Jack Johnson, his four-year old son Jase and John Arceo are current members of the Fighters Unlimited Boxing Club. The club practices Monday, Wednesday and Friday at 6 p.m. in the 3rd Marine Regiment martial arts training facility.

Boxing club returns to K-Bay

Story and Photos by
Lance Cpl. Regina A. Ruisi

Combat Correspondent

The Fighters Unlimited Boxing Club has fought its way back to Marine Corps Base Hawaii, giving base residents the chance to learn, or continue boxing.

Jack Johnson, club manager and coach, has returned from a deployment and re-established the club to help teach and train young fighters.

“It’s all about the fighters,” said Jack Johnson. “We get everyone from very, very experienced boxers who want to keep it up, to beginners who want to experience the sport.”

Johnson started the club in 2000, but left on deployment and the club fizzled out. Due to the club’s popularity, Johnson started it up again after returning from Afghanistan, but eventually had to deploy again.

“The team gets big and then I leave,” he said. “I leave it to somebody to take over, but they never really do. My wife, Tina, does her best to keep the club going when I’m gone. While I was in Afghanistan, she kept the club together so a Marine could train to try out for the All Marine Boxing Team. He made the team.”

Once a year, Johnson has the chance to send his boxers to try out for the All Marine Boxing Team. It is important for him to train Marines for that chance, because it was always a dream of his to be on the team.

“I want to give as many people the chance to try out for the team as I can because I never had the chance to be on it,” Johnson said. “I fought golden gloves before I joined the Marine Corps, and joined for the specific purpose of being on the team but never got the chance.”

Johnson trains the boxers in 3rd Marine Regiment’s martial arts training room here. He transformed the room into a boxing haven, bringing in his equipment for students to learn and practice with.

The three current club members begin practice by stretching, and warming up with exercises like jumping rope and jumping jacks. They then take turns hitting punching bags for six one-minute rounds. They do conditioning exercises and cool down, like any sport, by stretching.

“I love this,” said Pablo Martinez, a club member who has been boxing for five years. “This is what everybody needs, the chance to let off some steam. There is more than one way to condition your body. Anybody can run,



John Arceo practices with a speed bag Sept. 10 with the Fighters Unlimited Boxing club. The club gives Marines, Sailors and dependents an opportunity to begin or continue boxing.

but you have to use all your muscles – your arms, your legs, your abs – to box.”

The workouts are strenuous, but pay off when the fighters get into the ring. The club helps get its fighters into the local boxing circuit and gives them the chance to box against other fighters of their skill level to help them improve.

“I’m not fighting yet, only practicing,” said John Arceo, 16, who’s only been boxed for one week. “I’m just training. When I’m ready, I’ll look into it. I’ve always wanted to box, so I found out about this club and figured, ‘why not?’ I like it. Sometimes it’s hard to stop.”

The club practices Mondays, Wednesdays and Fridays, and boxers practice every day the week before a fight. Monday practices are mostly about conditioning the body, and Wednesdays the boxers wear flak jackets during practice.

“The training is really effective,” said Tim Riffe, a boxer with the club who has been boxing for nine years. “We’ve got a good facility here. It’s right on base, so it’s a lot closer than going out in town, and it doesn’t cost anything like other facilities would.”

Johnson is trying to bring the boxing circuit back to Kahuna’s Recreation Center, where past boxers he trained have fought.

“We’re a small club, but we’re a serious club,” Johnson said. “When we went to our last fight we had three fighters out there. All three of them won. I just love the sport, what can I say?”

Anyone interested in becoming part of the Fighters Unlimited Boxing Club can call Jack Johnson at 630-0510.



Pablo Martinez, John Arceo and Tim Raiffe bounce medicine balls against the wall while running in place as a conditioning exercise for their arms. “Boxers’ shoulders get tired and they drop their arms,” said Jack Johnson, coach. “This exercise is so their shoulders will be stronger and they won’t drop their arms in a fight.”

SPOTLIGHT ON SPORTS

— SPORTS BRIEFS —

Operation Homefront Afternoon in the Park

Families with a deployed service member can participate in Operation Homefront's Afternoon in the Park Saturday from noon to 3 p.m. at Riseley Field picnic area.

Tickets are available through unit Family Readiness Officers.

For more information, call Master Sgt. Velazquez at 257-2087.

Take a Shot at Hunger

The 36th National Hunting and Fishing day is Saturday and Sunday from 10 a.m. to 4 p.m. at the Koko Head Shooting Range. Bring canned food or cash donations for the Hawaii Food Bank.

For more information, contact the Hawaii Hunter Education Program at 587-0200.

Win prizes at USO's Base Race

The USO and various sponsors are presenting the 8th Annual Base Race Series Event Saturday at Ford Island. The 10k race is at 7 a.m. and the 5k is at 8 a.m. You can win door prizes, including a neighbor-island getaway and more.

Race forms are available at www.usohawaii.org.

For more information, call 836-3351.

SNCO Golf Tournament

The tournament is at Klipper Golf Course Wednesday at noon. Club members pay \$45, all others pay \$57.

For more information, call GySgt. Michael Johnson at 257-3006.

Fall Adventure Camp for youth

All youths, age 5 and older, can register for a week of fun and excitement Oct. 1-5, from 6:30 a.m. to . Campers do arts and crafts, outdoor activities, swimming, playground visits, field trips and more. Campers are fully supervised by Youth Activities personnel.

For more information call 254-7610 or register at Youth Activities, Bldg. 1090B.

Fall swim lessons

All ages are welcome for swim lessons at the base pool, Oct. 2. The lessons are open to active duty, family members and DoD employees.

For more information, call Dino Leonard at 254-7655.

Women's Beginning Golf Program

The Kaneohe Klipper Golf Course will host a Women's Beginning Golf Program every Saturday to Oct. 20. Participants will learn basic golf skills and the ability to quickly improve. No equipment is required for the program; however, space is limited to 15 people. Register at the Kaneohe Klipper Golf Course Pro Shop.

For more information, call 386-3500.

Women's Softball

The Women's Softball team meets every Thursday at 6 p.m. at Annex Field. The team is still looking for players.

For more information, call Joe Au at 254-7597.

2007 Intramural Softball Fall Standings

TEAM	WINS	LOSSES
CSSG-3	3	0
MALS-24	7	1
HQBN "ASP"	4	1
2-2	5	2
CSSG-3 "MAINT"	5	3
VP-47	3	3
3RD RADIO BN	2	3
MAG-24 "ORD"	3	5
HSL-37	3	4
VR-51	0	0
MCAF	0	7
MALS-24 "SUPPLY"	0	7

Standings as of Sept. 19



2007 Intramural Tackle Football Standings

TEAM	WINS	LOSSES
MAG-24	2	0
CAMP SMITH	2	0
CSSG-3	0	2
HQBN	0	2

Standings as of Sept. 13

Upcoming Intramural Football Schedule

Sept. 19 6:30 p.m.	CSSG-3 vs HQBN
Sept. 20 6:30 p.m.	MAG-24 vs CAMP SMITH
Sept. 24 6:30 p.m.	CSSG-3 vs MAG-24
Sept. 26 6:30 p.m.	at Camp Smith HQBN vs CAMP SMITH
Oct. 3 6:30 p.m.	MAG-24 vs HQBN
Oct. 4 6:30 p.m.	at Camp Smith CAMP SMITH vs CSSG-3
Oct. 10 6:30 p.m.	CSSG-3 vs HQBN
Oct. 11 6:30 p.m.	MAG-24 vs CAMP SMITH

Commander's Cup Bowling League '08

Team Standings													
Place	Team Name	Points Won	Points Lost	Team Ave.	HDCP	Pins plus Handicap	Place	Team Name	Points Won	Points Lost	Team Ave.	HDCP	Pins plus Handicap
1	BANNED	8	0	586	169	4680	9	Effin' H	4	4	498	239	4508
2	Team Ramrod	7	1	514	227	4760	10	4th Force Recon	3	5	576	177	4678
3	Pin Wetters	6	2	592	165	4894	11	Bowling Diva's	3	5	462	268	4508
4	The Blue Ballers	6	2	535	211	4835	12	High Rollers	3	5	524	219	4394
5	Balls of Fury	5½	2½	580	174	4635	13	Big Ern's Kids	2	6	546	202	4546
6	Chix with Balls	5	3	472	261	4556	14	The Untouchables	2	6	445	282	4310
7	Flaming Hookers	4	4	614	147	4737	15	Wang Team	1½	6½	532	212	4647
8	Silver Bullets	4	4	483	252	4665	16	The Happy Team	0	8	525	218	4316

Results of Last Week's Bowling.....												
Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON
1-2	Big Ern's Kids	755	778	778	2311	0	-----> The Blue Ballers	913	785	790	2488	4
3-4	Effin' H	732	778	764	2274	4	-----> Flaming Hookers	720	765	756	2241	0
5-6	BANNED	737	831	726	2294	4	-----> High Rollers	705	779	669	2153	0
7-8	Bowling Diva's	750	772	757	2279	1	-----> Team Ramrod	720	823	862	2405	3
9-10	Pin Wetters	894	808	781	2483	4	-----> The Happy Team	737	660	755	2152	0
11-12	The Untouchables	747	714	628	2089	0	-----> Chix with Balls	803	790	755	2348	4
13-14	Balls of Fury	749	848	783	2380	2½	-----> Wang Team	836	739	783	2358	1½
15-16	Silver Bullets	738	858	873	2469	3	-----> 4th Force Recon	818	752	856	2426	1

Last Week's High Scores for Immediate Release											
Men	Scratch Game	256	Adam Spacher				246	Chris Ruddell			
		223	Jim Martin				223	Scott Kuniyuki			
		212	Tim Eggleton				212	Mathew Chitwood			
		206	Terry Smith				204	Steven Howell			
	Scratch Series	660	Adam Spacher				655	Marc Gonsalves			
Women		606	Jim Martin				596	Chris Ruddell			
	Scratch Game	214	Val Benedict				202	Kumi Martin			
	Scratch Series	555	Kumi Martin				537	Val Benedict			
							585	Scott Kuniyuki			
							579	Steven Howell			

DANCE MOVEMENT ACADEMY AND K-BAY GYMNASTICS

Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class. Fees will vary according to class frequency and length. Call 479-3273 to arrange your free class.



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MARINE RESERVE



Emily Egenberg learns how to swim using a simulated method by Larry Provost, swim instructor, during a swim lesson session at the Base Pool, Tuesday.

Fall swim lessons started

Pfc. Ronald W. Stauffer
Combat Correspondent

Marine Corps Base Hawaii’s Learn to Swim Program began its fall season here Tuesday, with base residents booking classes and getting wet at the Base Pool.

The lessons are Tuesday through Friday, in two-week sessions for all active duty, family members, and Department of Defenses employees.

“My daughter has been taking swim lessons since last March and barely knew how to swim when she began. Now she’s a level four swimmer,” said Cindy Egenberg, mother of Emily Egenberg, a program participant.

Egenberg said her daughter is 4 years old and was afraid to get into the water.

“The whole idea is to make the class fun with toys, game and rewards and pick up on what they enjoy,” said Larry Provost, swim instructor. “From this we can choose a lesson plan that involves what the kids want.”

Water-based recreation is generally a large part of the surrounding community’s activities, and learning to swim opens up new activities and could be considered a necessary safety precaution.

“Our family is very avid with the outdoors and it’s nice to see that Emily can participate with her father, who is a water guy,” Egenberg said.

Egenberg also said that they have excellent instructors at the pool.

“We do a lot with a little,” Provost said. “We’re in place to make it capable for kids to learn how to swim.”

Provost said he’d been working as an instructor at the pool for four years, and teaching youngsters to swim makes him feel good.

“It makes me want to keep coming back to work,” said Provost.

Children are not the only individuals to benefit from lessons.

“I teach fitness swimming, swim critiques and much more,” Provost said. “The instructors are excellent swimmers and I’m certified to teach swim for all ages.”

Provost said swimming is supposed to be fun and parents don’t always have the time to teach their kids, so this provides them with the chance to learn.

“Parents want to see their kids improve,” Provost



Provost works with Egenberg as she swims to him without a floatation device during a swim lesson.

explained. “We try to set up the lessons so they are convenient for the parent’s busy life style.”

Once an individual comes in, the instructors give them a free swim evaluation to see where they’re at and work out the lessons as well, mentioned Provost.

“Everyone should put their kids in these classes,” said Egenberg.

For more information on swim lessons, call the base pool at 254-7655.

SOFTBALL, from C-1

too far after a double play made by Hazard and Tom Braman, Bada-Bing’s second baseman, followed by a pop fly out which put the Bomb Squad on the field.

“We’ve got this game,” said Dan Nicks, Bada-Bings pitcher, as he motivated the team.

The teams started to get a feel for one another as the game slowed down, as the fly balls were hit and the infield grounders made outs.

Near the end of the game, Smith made an amazing catch while jumping into the air, followed by a short pop fly catch in the infield ending any forward progress for Bada-Bing.

Shortly before the game ended, there was some controversy made by Antonette Schumacker, Bada-Bing’s catcher, after the umpire called a runner safe at home plate.

“I had him, I felt him!” shouted Schumacker, as the umpire stuck with his decision.

At the close of the last inning the Bomb Squad blew away the Bada-Bings, 12-9, and giving them the victory.

“They had a good game,” Nicks said. “They played hard and we’ll be ready for the next one.”



Antonette Schumacker, right, Bada-Bings catcher, makes the tag at home, striking up a quarrel after being called safe by the umpire at an Intramural Softball League game at Risely Field, Wednesday.





Chester Avery, running back for the Camp Smith "Raiders" rushes outside the line and away from the Warriors defense during a 2007 Intramural Tackle Football League game, at Pop Warner field here Sept. 13.

RAIDERS, from C-1

down of the game when Bryan Griffin, Warriors’ tight end, found the end zone. They brought up the score by taking the extra point.

In the second quarter, the Warriors’ defense snuffed the Raiders’ offense. The Warriors kept control of the ball most of the quarter until Brandon Villa-Hashimoto, Raiders’ free safety, caught a shocking interception at his own one-yard line, stopping the Warriors’ attempt to score.

Raiders, now in possession of the ball, drove down the field toward Warriors’ territory and pushed through defensive attempts.

“We’re going to keep running and passing, so we better start playing football,” said Rodney McCullough, offensive coach, Raiders.

With hard hits and intense blocking from the line, Jordan Paragoso, slot back, Raiders, scored, and then pushed in for two more points, bringing the score up, 8-6.

During halftime, Walston gave his team a motivated pep talk to get them fired up for the last half.

“The offense has to contain,” said Walston. “There’s too many miscommunications and the last two quarters are the most important, so let’s cram it down their throats.”

While Walston was firing up his offense, Noelle Demello, Raiders defensive coach, was working up his defensive line up.

“We’re going big in the last half and we have to contain,” Demello said.

As the last half unfolded, neither team was willing to slow down.

Marcus Vital, slot back,



Irving Green, Warriors quarterback, steps into the pocket while searching down field for his receiver.

Warriors, scored the second touchdown early in the third quarter, but once again they failed to make a two-point conversion, leaving the score at 13-8

Answering back was Mike Mahoney, Raiders’ quarterback, pushing through the line on a quarterback sneak, leading the Raiders to 14-13.

With the score close in the beginning of the fourth quarter, both teams fought to out hit and out run each other.

Griffin put in his second touchdown for the Warriors soon after, and gave them the extra point. The touchdown gave the lead back to the Warriors, 20-14.

Following close behind Griffin was Jeremy Winkfield, tight end, Warriors, putting another six on the board, bumping the score to 26-14.

Shockingly Fredrick Williams, receiver, Raiders, rushed a miraculous 50 yards after returning the kick and

was then followed up Chester Avery, Raiders’ running back, driving to the outside and fighting back against the Warriors defense, leaving the Raiders down only six points.

Shortly after, Williams, once again made a tremendous catch and ran down the field for a touch down and a 65-yard completion, which evened the score.

The Raiders took the lead by a quick pass for two points, leaving the score 28-26.

Pressure was put on the Warriors when the clock

reached the two-minute warning.

The Raiders attempted one last scoring drive to ensure the win, but were unable to get any competitions in the end zone.

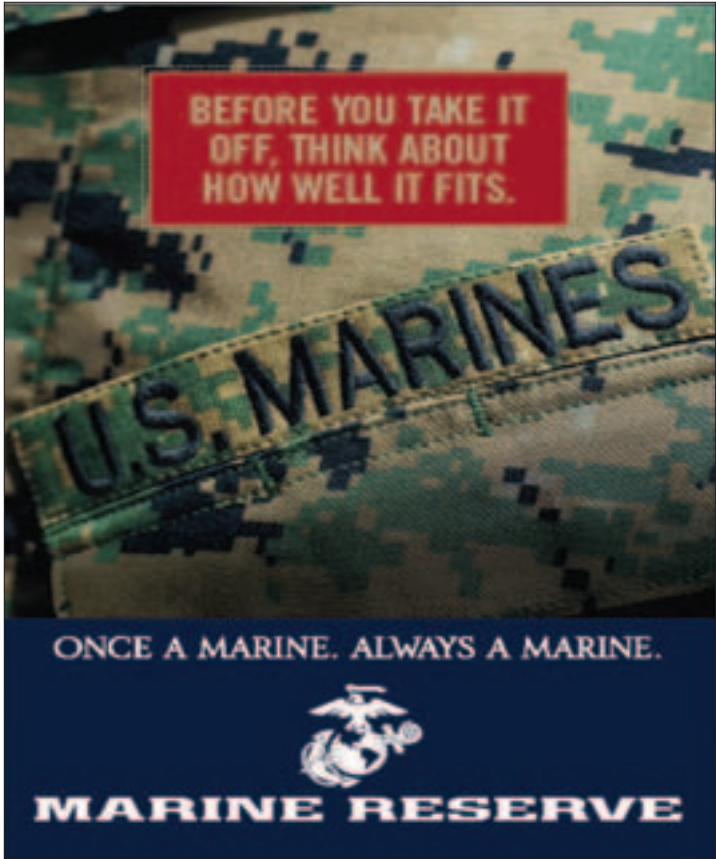
With a close game the Warriors fell to the Raiders, 28-26, bringing their season to 0-2 and upping the Raiders’ record, 2-0

“The offense and the defense played well and we have the talent, but that was too close,” Walston said. “We have five games left and we need to reach deep down and get back into the fight.”

Looking on



Lance Cpl. Brian A. Marion
Jamall Mosley, 12, Camp Smith, watches teammate Mike McKinney retrieve a rebound in the Intramural Basketball League championship game at the Semper Fit Gym here. Camp Smith came back in the second half of the game to win it against Command Patrol Reconnaissance Wing 2 "Terror Squad", 46-44.





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Take care of your hearing health

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Long exposure to excessive noise can damage hearing. Cells and nerves in the inner ear are destroyed by continuous or repeated exposure to loud sounds. If enough cells and nerves are destroyed, hearing is permanently lost.

Whether noise harms your hearing depends on the loudness, the pitch and the length of time you are exposed to the noise.

The loudness of a sound is measured in decibels. The loudness and the length of exposure are related – the louder the sound, the shorter the exposure can be before damage occurs.

For example, 8 hours of exposure to 85 dB noise on a daily basis can begin to damage a person's ears over time. Using power

tools (at about 100 dB), listening to a stereo headset (at about 110 dB), attending a rock concert (at about 120 dB) or hearing a gunshot (at 140-170 dB) may damage the hearing of some people after only a few times.

People often fail to notice the danger of noise because it doesn't produce many symptoms. Hearing loss is rarely painful.

The symptoms are usually vague feelings of pressure or fullness in the ears, speech that seems to be muffled or far away, or a ringing sound in the ears that you notice when you are in quiet places.

These symptoms may go away minutes, hours or days after the exposure to noise ends.

People assume if their symptoms go away, their ears have bounced back to normal, but this isn't really true. Even without symptoms some of the cells of the inner ear

may have been destroyed by the noise.

Your hearing will return to normal if enough healthy cells are left, but you can develop lasting hearing loss if the noise exposure is repeated and more cells are destroyed.

The first sign of noise-induced hearing loss is not being able to hear high-pitched sounds, like the singing of birds or the voices of women and small children.

If the damage goes on, hearing declines further, and lower-pitched sounds like men's voices become hard to understand.

You can help to prevent hearing loss by reducing your exposure to noise.

This step is especially important for people who work in noisy places or who commute to work in noisy traffic or construction.

If you can't help where you work, choose

quiet leisure activities instead of noisy ones.

Develop the habit of wearing earplugs when you know you will be exposed to noise for a long time.

Disposable foam earplugs cost about \$2 a pair and are available in commercial drugstores.

These earplugs quiet about 25 dB of sound and can mean the difference between a dangerous and a safe level of noise.

Consider wearing earplugs when using power tools, lawn mowers, when riding a motorcycle or when attending a rock concert.

Try not to use several noisy machines at the same time. Try to keep television sets, stereos and headsets low in volume.

Loudness is a habit that can be broken.

Help available to quit smoking

Ed Keating
Hawaii Multi-Service Market Management Office

Few civilian healthcare plans can compare to the free tobacco cessation benefit offered by the military services for Department of Defense's military health system beneficiaries. Each Oahu medical treatment facility offers a tobacco cessation program comprised of classroom education and pharmacy support to ease the side effects of nicotine withdrawal.

All tobacco cessation programs are administered in accordance with the American Cancer Society's Fresh Start Program and provide education on behavioral modification techniques to help individuals to overcome the effects of tobacco use.

The Hawaii military treatment facilities recently added a relatively new medication, Varenicline (Chantix) to their formulary for beneficiaries enrolled in a smoking cessation program. In clinical trails patients treated with Varenicline were more successful than patients treated with Zyban.

This medication stimulates brain receptors to release dopamine while at the same time blocking activation of these receptors by nicotine. Based on poor long term success by pharmacological intervention alone, the use of this medication is limited to beneficiaries participating in a formal tobacco cessation program.

A formal program has been found to assist beneficiaries in employing effective behavior modification and coping strategies via a group support environment increasing long-term success in kicking the tobacco habit. In addition to Varenicline, Zyban and nicotine replacement therapy are options for some individuals who participate in formal programs.

All military health system beneficiaries regardless of service affiliation or TRICARE program (Prime, Standard or TRICARE for Life) are authorized to enroll in tobacco cessation programs at military treatment facilities.

For additional information on schedules or class location, please contact your local base medical clinic.

Slice and shank



Pfc. Ronald W. Stauffer

Eric Franklin teed off with friends and co-workers for 18 holes of golf during the Single Marine and Sailor Program's "Shank and Slice Golf Tournament" held at Kaneohe Klipper Golf Course here, Tuesday. The SM&SP holds quarterly golf tournaments for service members E-5 and below, as well as invited guests, E-6 and up. The tournament is for all skill levels and for service members to have a good time without the competitive edge.

HEALTH AND WELLNESS

Sun protection as easy as getting dressed in morning

Press Release
Skin Cancer Foundation

Comprehensive Guide to Sun-Protective Clothing

Recent research shows that clothing may be the most effective way to protect against skin cancer. According to a review published in The Lancet, wearing sun protective clothing and reducing sun exposure are more effective than using sunscreens.

“We have always stressed the importance of sun-protective clothing as a key tool in the arsenal against UV damage,” said Perry Robins, MD, President, Skin Cancer Foundation. “It is a simple and obvious sun protection method that seems to be gaining in popularity.”

Ultraviolet Protection Factor

Just like sunscreen, the sun protectiveness of clothing can be evaluated and rated with a measuring system called Ultraviolet Protection Factor, which is a similar concept to SPF. However, UPF rates both UVA and UVB protection, whereas SPF only rates UVB protection. In 1996, the term UPF was devised in Australia as a measure of how much UV penetrates a fabric.

UPF is determined by using a UV transmittance analyzer to gauge the spectral transmission of UVB and UVA through a fabric. If a fabric is rated UPF 30, then it is absorbing or blocking 29 out of 30 units of UVR, or 97 percent of UVR. This is the same level of protection provided by an SPF 30 sunscreen that is used properly. To achieve a UPE, a fabric must undergo 40 simulated launderings, be exposed to the equivalent of 2 years of light exposure and be tested with chlorinated water if it is intended for swimsuits.

Specially Made Sun Protective Clothing
Today, many manufacturers offer special UV-

absorbing clothes, from swimsuits and shirts, to hats and pants. This clothing will usually have a high UPF rating, indicating how much UVR it absorbs. These clothes have special weaves, and are treated with UV-absorbing chemicals, such as titanium dioxide. To be deemed sun-protective, such clothing must have a UPF of more than 30 and retain its sun-protective qualities after numerous washings and exposure to sunlight.

The Skin Cancer Foundation awards its Seal of Recommendation to clothing. The Seal of Recommendation is awarded to ensure that a UV protection product is safe and effective. The Foundation's Seal of Recommendation standard for clothing verifies that UPF of 30 provides “very good protection” and a UPF of 50 provides “excellent protection.”

Not all Clothing is Created Equal

Even if they are not specially made to provide sun protection, all clothing offers some degree of shelter from the sun. Fabrics are porous materials constructed from a wide variety of fibers and fiber blends. This makes finding good sun-protective qualities tricky, because both UVB and UVA can penetrate fabrics. Choosing a fabric with a tighter weave that will allow less UV to come in contact with the skin is of the utmost importance. You can tell if a fabric is woven tightly by using the “hole effect”: hold a particular fabric up to a window or light. The less light you can see, the better the protection.

Washing your clothing can be a good way to increase the UPF in your clothing. The shrinking that occurs during the first wash makes the weave tighter and decreases the “hole effect” therefore making you less susceptible to the sun's rays.

Laundry additives such as SunGuard can also be used to increase the sun-protectiveness of clothing. These additives contain the sun-

screen ingredient Tinosorb FD which washes sun-protection into the clothing.

While construction or weave are the most important factors when choosing sun-protective clothing, there are other properties that also affect sun-protection. The thickness and weight of a fabric can be good ways to measure a material's sun-protective qualities. For example, thick, heavy fabrics such as denim can offer a UPF of more than 1,700 which is the best protection available.

How much a fabric stretches is also important. When a fabric stretches, the weave becomes looser and the UPF decreases.

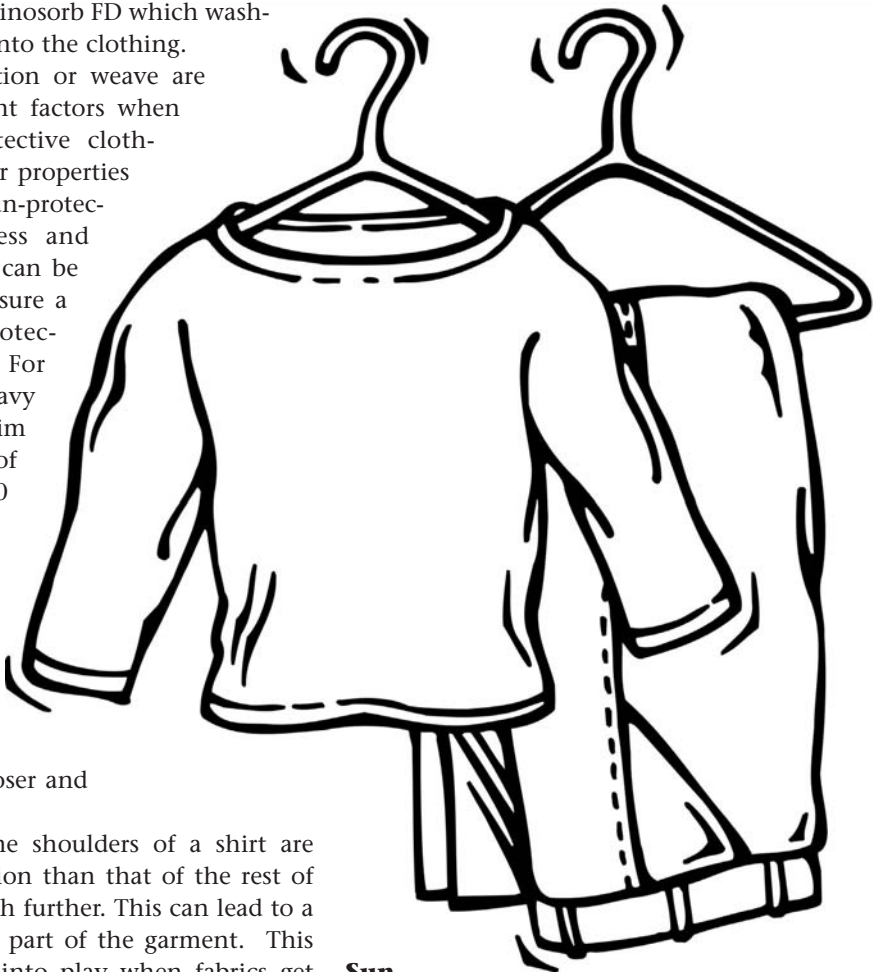
For example, the shoulders of a shirt are under greater tension than that of the rest of the shirt and stretch further. This can lead to a lower UPF for this part of the garment. This factor also comes into play when fabrics get wet. A typical white summer cotton T-shirt offers a UPF of 5 to 9, but its UPF decreases to only 3 to 4 when the fabric gets wet.

When selecting fabric colors, the darker the better. Many dyes absorb some UV penetration, which is why darker colors, and some bright colors such as orange and red, have higher UPF ratings.

Pale and pastel colors have lower ratings. A piece of pale yellow cotton fabric typically has a UPF of 5 to 9, while the same fabric dyed black has a UPF of 32.

Fabrics such as polyester and wool offer a higher UPF than cotton and linen. Polyester blends also have a high UPF and are good for warmer days when polyester may not be comfortable.

Selecting a loose shirt can also increase the sun-protective qualities of clothing because the more distance there is between the clothing and the skin, the more UV light is diffused.



- Sun-Protective Clothing Checklist**
- ◆Tightly woven and dark or bright colors offer better protection than pale or pastel colored, loosely woven clothes.
 - ◆Thicker, heavier fabrics offer higher UPFs.
 - ◆The closer the fabric is to the skin the less sun protection it offers.
 - ◆Generally, if you can see the sun through a fabric, it does not offer a very high UPE.
 - ◆Remember to be mindful of time spent in the sun, make sure to use an SPF 15 sunscreen or higher every day and follow The Skin Cancer Foundation's other prevention tips at www.skincancer.org or call (800)SKIN-490.
- The Skin Cancer Foundation is still the only global organization solely devoted to the prevention, detection and treatment of skin cancer. The mission of the Foundation is to decrease the incidence of skin cancer through public and professional education and research.





Around the Corps

Preventing overuse injuries during physical training

Lance Cpl. Michael R. Stevens

MCAS, Miramar

MARINE CORPS AIR STATION MIRAMAR, Calif. — Gallons of sweat pour from Marines each day, as they take to the physical training fields and gyms here.

Whether they run laps or stack hundreds of pounds on the bench press, each workout contributes to keeping the Marines’ bodies in peak physical condition.

As a result of this constant physical activity, Marines leave themselves open to sustaining overuse and overload injuries.

Although progressive overload is a preferred method in developing a well-designed workout program, according to the American College of Sports Medicine, pushing your body too hard, too fast will result in an overload injury.

“I often see Marines who are lifting too much for their own

good,” said Eric Ramirez, a fitness coordinator at the Semper Fit Center here. “The Marine will come and work out with the largest Marine in their shop, try to keep up, and end up lifting more than they can handle.”

The end result is a Marine not being able to use their arms for anything the next day, added Ramirez.

The cause of an overuse injury can be a significant increase in the frequency, intensity or duration of an exercise, not just from massive amounts of activity at once.

“When Marines push themselves to the extreme too often, overuse injuries begin to affect performance,” Ramirez explained.

The Marine Corps Community Services employees at the fitness facilities here survey their work environments, assist patrons with techniques and offer advice on ways to prevent both overload and overuse injuries. Doing so

ensures the majority of the workout is doing more to help, rather than hurt.

“The effects of an inappropriate workout may not be seen at first glance,” said Amy Beall, personal trainer at the Semper Fit Center here. “However, it is common to sometimes feel the effects later on in life when the damage is irreversible.”

An overload or overuse injury can occur at any major joint, bone or muscle in the body.

“Taking the time to seek education before beginning a new workout program can help prevent from suffering an injury,” said Julie Carlson, a health promotion educator with Semper Fit. “I find it very important for those working out to know their limits before proceeding to a new workout.”

According to the ACSM, underlying conditions such as running on too hard a surface, worn-out shoes or wearing the wrong type



Photo illustration by Cpl. Chadwick deBree

A Marine stretches before physical training. Regular stretching is a powerful part of any exercise program according to the Mayo Clinic.

of shoe can be a major contributor to suffering an overuse injury.

For more information concern-

ing exercise programs and injury prevention techniques visit your Semper Fit facility.



Blues on the Bay
Air Show
with
the
Blue Angels
October
13-14, 2007
MCBH Kaneohe Bay

A

HEALTHY
TAN IS THE
FIRST SIGN
OF SKIN
CANCER.



IRONIC,
ISN'T IT?

The fact is, tanning can lead to melanoma/skin cancer. So examine yourself regularly. Look for blemishes larger than a pencil eraser, multi-colored or asymmetrical in shape. If you have any questions, see your dermatologist.



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